

Mental Health Services HELPLINE  
1800 332 388

Child and Adolescent  
Mental Health Services

STATEWIDE MENTAL HEALTH SERVICES

More Information to assist you

For support or advice call:

- beyondblue - 1300 224 636
- Parenting Line - 1300 808 178
- Perinatal Anxiety & Depression Australia - 1300 726 306

Useful websites:

- Centre of Perinatal Excellence:  
[www.cope.org.au](http://www.cope.org.au)
- Perinatal Anxiety & Depression Australia:  
[www.panda.org.au](http://www.panda.org.au)
- Beyond Blue:  
[www.beyondblue.org.au](http://www.beyondblue.org.au)
- SANE Australia:  
[www.sane.org](http://www.sane.org)
- MumSpace:  
[www.mumspace.com.au](http://www.mumspace.com.au)
- What Were We Thinking:  
[www.whatwerewethinking.org.au](http://www.whatwerewethinking.org.au)
- Gidget Foundation:  
[www.gidgetfoundation.org.au](http://www.gidgetfoundation.org.au)
- Baby Steps:  
[www.babysteps.org.au](http://www.babysteps.org.au)
- Raising Children Network:  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

Mobile Apps:

- Mind The Bump
- SMS4Dads
- What were we thinking

Perinatal and Infant  
Mental Health Team

Contact us on **6166 0460**

For urgent help 24/7 phone:

**Lifeline 13 11 14**

**Mental Health Helpline 1800 332 388**

[www.health.tas.gov.au/mentalhealth](http://www.health.tas.gov.au/mentalhealth)

The Tasmanian Health Service welcomes feedback from clients, carers and family members to help us better understand your needs and improve care.

Talk to one of our team, fill in a consumer feedback form or phone Consumer Liaison on 1800 811 911.



The Tasmanian Health Service integrates acute, primary and community services. This has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.

Statewide Mental Health Services deliver consumer centred services focused on improving health outcomes. Our services include inpatient facilities and community teams.



Interpreter



Publication No. 5B201

August 2020 / Review August 2022

Perinatal and Infant  
Mental Health Team

for women  
and their families  
in Southern Tasmania



TASMANIAN  
HEALTH  
SERVICE



## Mental Health in the Perinatal Period

### The perinatal period

- The perinatal period is the time during a woman's pregnancy and the following year.
- Pregnancy and early parenthood can be rewarding, but it can also be challenging.
- While mental illness can happen at any time, women are more likely to experience stress, anxiety, depression and other mental health conditions during the perinatal period.
- Sometimes women experience difficulty bonding with their baby, due to a range of factors.
- Depression occurs in 10% of pregnant women and up to 15% of mothers in the first year after their child is born.†
- 20% of women will experience anxiety.†
- Depression and anxiety often occur together.

*The first years of life are important for the future health and wellbeing of your child.*

*Every parent wants to give their child the best possible start in life, and keeping well during the perinatal period is an important part of achieving that.*

† Source: Austin M-P, Hight N and the Expert Working Group (2017) *Mental Health Care in the Perinatal Period: Australian Clinical Practice Guideline*. Melbourne: Centre of Perinatal Excellence.

### Why me?

- Mental illness can happen to anyone. It is important to know how to recognise the signs and seek help early.
- Certain life factors can make it more likely that you will experience mental illness in the perinatal period.
- Talking with your health professional can help with the early detection of symptoms and ensure support is available.
- There are effective prevention strategies and treatments for mental health problems for you and your family, and we are here to help.

Our team considers the whole health of your family. We take into account the emotional, physical, spiritual, social, cultural and environmental aspects of family life to provide the best outcomes for you and your family.



### How do I access support?

Speak with your GP or other health professional about your feelings. They will discuss the best referral or treatment options available, based on your needs.

Access to our service is via a referral.

We take referrals from:

- ◆ General Practitioners
- ◆ Midwives
- ◆ Obstetricians
- ◆ Child Health Nurses, and
- ◆ Social Workers.

Our service is here to assess and support you. We provide information and education, as well as treatment for you, if required.

Our team consists of psychiatrists, psychologists, and nursing staff.

Treatment options include:

- ◆ medications
- ◆ psychological therapies
- ◆ assessment and intervention for mother-baby relationship issues
- ◆ referrals to and liaison with a range of community-based organisations.

Our team works closely with other services, General Practitioners, hospital staff and Child Health nurses to ensure comprehensive care is provided for you and your family.